## ESSENTIAL FATTY ACID (EFA) METABOLISM

1/1 22:5n-3 22:6n-3 20:5n-3 20:4n-3 18:4n-3 18:3n-3 **DOCOSAPENTAENOIC** (n-3) **EICOSATETRAENOIC** (n-3) **EICOSAPENTAENOIC DOCOSAHEXAENOIC ALPHA LINOLENIC** STEARIDONIC n-3 series Delta-4-desaturation Delta-5-desaturation Delta-6-desaturation 22:5n-6 DOCOSAPENTAENOIC (n-6) 20:3n-6| DIHOMOGAMMALINOLENIC 18:3n-6 GAMMA-LINOLENIC Elongation Elongation 20:4n-6 ARACHIDONIC n-6 series 22:4n-6 ADRENIC 18:2n-6 LINOLEIC